

A PUBLICATION OF THE HANOVER COUNCIL ON AGING

665 Center Street • Hanover MA 02339 • Telephone (781) 924-1913 • coa@hanover-ma.gov

HANOVER HAPPENINGS

SEPTEMBER 2013

HANOVER COUNCIL ON AGING MISSION STATEMENT

To provide services, educational programs and activities which enhance and promote the highest quality of life for each individual.
The Mailing of this newsletter is supported in part by the Executive Office of Elder Affairs

September's Message From The Director

After summer's end, the Senior Center traditionally chooses a theme for the coming year's journey. In the past, some of the themes have been: Forget Me Not, Voices, What a Senior Center is and is Not, Change, Perception and Going Forward, to name a few.

After thoughtful consideration and reflection, I have chosen "Kindness" as this year's theme.

Dedicated volunteers share their kindness in many ways. Collectively, this past year our volunteers exceeded 8,000 hours of service at your Senior Center, an enormous gift to the Town, a savings to you and a profound show of kindness.

Acts of kindness include being served a daily lunch or a special event, medical transportation, legal and financial help, hearing tests, health and wellness programs, garden donations, grocery donations, and donations of medical equipment, blood glucose and blood pressure readings and many classes and programs. The Hanover Senior Center staff has pledged to treat everyone with kindness. We hope all who enter will do so as well. Saying thank you is prized by everyone and appreciation has more value than criticism. You never know what people may be going through. We all have the power to be the spark that can lift someone's spirit

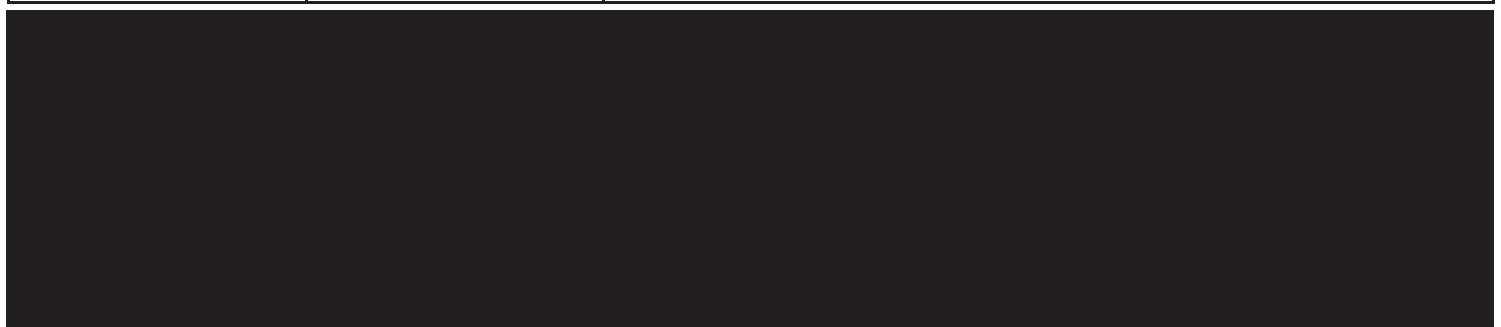
"Always choose to heal, not to hurt, to forgive not to despise, to persevere not to quit, to smile not to frown, and to love not to hate! At the end of life, what really matters is not what we bought, but what we built, not what we got, but what we shared, not our competence but our character, and not our success but our significance. Live a life that matters. Live a life that cares and is kind."

This month I honor all those who take the time to care.

-Robyn



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 LABOR DAY CENTER CLOSED	3 9:30 MORNING OUT 12:00 LUNCH 1:00 WATERCOLOR \$8 1:00 BID WHIST PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS	4 9:30 YOGA \$3 12:00 LUNCH 1:00 BINGO/POKER/MAH JONG	5 12:00 LUNCH 1:00 BRIDGE PM MALL SHOPPING	6 8:30 ACUPUNCTURE \$25 (By Appt) 9:00 FOOT CLINIC \$29 (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX \$3 12:00 LUNCH 1:00 MOVIE PM SHOPPING -SHAWS LEGION & BARSTOW
9 8:30 YOGA \$3 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH \$3 12:00 LUNCH 1:00 MAH JONG 1:00 DECO ART CLASS \$5 PM SHOPPING SHAWS-CUSHING & OTHERS	10 9-12 SHINE (By Appt) 9-12 BEAUTY SALON \$15 (By Appt) 9:30 MORNING OUT 12:00 LUNCH 1:00 BID WHIST PM SHOPPING KOHL'S/ STOP & SHOP	11 9:00 COMPUTER CLASS \$15 FOR 3 CLASSES 9:30 YOGA \$3 10-12 CHAIR MASSAGE \$10 (By Appt) 12:00 LUNCH 1:00 BINGO/POKER/MAH JONG	12 10:00 BOWLING 10:00 BOOK CLUB 10-12 ASK A LAWYER (By Appt) 12:00 LUNCH 1:00 BRIDGE PM MALL SHOPPING	13 8:30 ACUPUNCTURE \$25 (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 HISTORIAL SOCIETY-I REMEMBER WHEN PM SHOPPING-SHAWS LEGION & BARSTOW
16 8:30 YOGA \$3 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH \$3 12:00 LUNCH 12:00 HEARING TESTS 1:00 MAH JONG PM SHOPPING SHAWS-CUSHING & OTHERS	17 9:00 BLOOD GLUCOSE 9:30 MORNING OUT 9:30 MENS DISCUSSION 12:00 LUNCH 1:00 BID WHIST PM SHOPPING JOB LOT ROCKLAND/STOP & SHOP NORWELL	18 9:00 COMPUTER CLASS \$15 FOR 3 CLASSES 9:30 YOGA \$3 12:00 LUNCH 1:00 BINGO/POKER/MAH JONG	19 10:00 BOWLING 12:00 PLOW AND ANCHOR \$5/\$4 1:00 NATIVE AMERICAN PRESENTATION 1:00 BRIDGE PM MALL SHOPPING	20 8:30 ACUPUNCTURE \$25 (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MOVIE PM SHOPPING-SHAWS LEGION & BARSTOW
23 8:30 YOGA \$3 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH \$3 12:00 LUNCH 1:00 SOCIAL SECURITY PRESENTATION 1:00 MAH JONG PM SHOPPING SHAWS-CUSHING & OTHERS	24 9-12 SHINE (By Appt) 9:30 MORNING OUT 12:00 LUNCH 1:00 WATERCOLOR \$8 PM IN SERVICE CENTER CLOSED PM SHOPPING HANNAFORD	25 9:00 COMPUTER CLASS \$15 FOR 3 CLASSES 9:30 YOGA \$3 12:00 LUNCH 12:00 BLOOD PRESSURE 1:00 BINGO/POKER/MAH JONG	26 10:00 EXERCISE \$3 10:00 BOWLING 12:00 LUNCH 1:00 BRIDGE 2:00 BEREAVEMENT PM MALL SHOPPING	27 8:30 ACUPUNCTURE \$25 (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 ART MATTERS \$2 PM SHOPPING-SHAWS LEGION & BARSTOW
30 8:30 YOGA \$3 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX \$3 12:00 LUNCH 1:00 MAH JONG PM SHOPPING SHAWS-CUSHING & OTHERS	DAILY LUNCHESES ARE \$2.50 RESERVE A WEEK IN ADVANCE	SEPTEMBER 2013		



DIVERSITY— AMERICA'S HERITAGE

Due to numerous requests, this fall we are bringing back Diversity in America. America is the melting pot with its variety of nationality, religion and culture. This combination has made us a great nation. In blending the talents and culture of many nations to make us not only unique but one who became the number one world's power. We are truly blessed in sharing our diversity and this month, we will begin with our Native Americans. It is said that the Native Americans have a history of rich struggle, strife and triumph. Many aspect of our modern life were adapted from the old Indian cultures practiced centuries ago. We will go forward to other countries and their influences in our lives. Here in America, you will find the best gourmet dishes as well as fast foods depicting any nationality. Our art has made its place in the world, our industry, our farming and last but not least our beauty and resources all contribute to the success of a great nation and its diversity. Come join us and learn about America and its rich and splendid heritage.

SOCIAL SECURITY PRESENTATION

On Monday, September 23 at 1PM, Kristen Alberino of the Social Security Administration will come to the Hanover Council on Aging to discuss Social Security benefits. Topics include: online services, cost of living adjustments and applying for the extra help with prescription costs. A question and answer session will follow the presentation. Please call to make a reservation.

COMPUTER CLASS—BEGINNERS

The Hanover Senior Center is offering a 3-week beginner's computer class starting Wednesday, September 11, 2013 at 9:00 A.M. Carol and Rick Mattes return as our instructors. Class size is limited to 6 and registration is required. The beginner course is designed for someone who has a computer and wants to be able to surf the internet and send and receive emails. Or someone who is using public access computers (library) and wants to be able to use the computer more effectively and efficiently. Prerequisites for the course would be some typing ability and some mouse ability. We will develop more solid mouse skills during the course, but knowing where the keys are on the keyboard is important.

Cost: \$15.00 for 3 week class



PLOW AND ANCHOR LUNCH

September 19, 2013

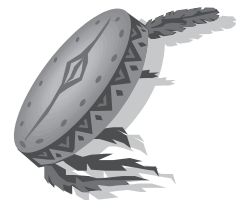
12:00—\$5.00

Pizza and salad from West Hanover

Pizza as well as coffee and dessert.

Stay and attend the Native American workshop, and the cost to you is only cost is only **\$4.00!**

Reservations are necessary. 781-924-1913.



NATIVE AMERICAN IDENTITY

September 19, 2013 at 1:00PM With Claudia Fox Tree

Native American Identity and Statistics:

What does it mean to be sensitive and respectful of Native American culture? Missing/biased history and stereotypes and distortions have perpetuated misconceptions and myths about Native Americans. What we have learned about Native Americans and what we think we know, is often inaccurate or even offensive. But how do we know? Terms such as Indian, totem pole, tribe, pioneer, and costume may seem benign, when, in fact, there is a history that needs to be acknowledged and discussed. We will begin to unlearn and the relearn the Native American story through a critical analysis of images, language, history, culture, and identity models. Claudia is on the board of the Massachusetts Center for Native Americans and the Massachusetts liaison for the United Confederation of Taino People headquartered in New York. She has been a presenter at numerous conferences and workshops at colleges and civic organizations across New England, and has also made appearances both in Germany and the Caribbean, the lands of her ancestors.

Claudia has been a public school special education teacher for over twenty-five years. She has also taught anti-racism and multicultural education courses to teachers, school staff, and at the college level for over twenty years.

Please join us for an inspiring workshop that kicks off our newly created diverse culture program. For those who partake in the Plow and Anchor luncheon and stay for this program, the cost for the lunch is only \$4.00. Reservations are necessary. Please call 781-924-1913.

YOU MAY BE ENTITLED TO A FITNESS BENEFIT

Did you know that you may be entitled to a fitness benefit for regularly attending exercise programs here at the Hanover Senior Center?

Check to be sure your health insurance includes this benefit.

A copy of your fitness attendance may be obtained at the Senior Center.

ART MATTERS

SEPTEMBER 27 AT 1:00 - \$2.00

FRANCISCO GOYA was known as the last of the Great Masters and the first of the Modern Masters. As Spain's conscience and chronicler, Goya documented the Royal Court with an sarcastic edge born of justice. A versatile artist, he created paintings, etchings & Lithographs, tapestries, and frescos. His career spanned an explosive era of Spanish history, which he portrayed with unflinching honesty. He observed clearly both the highborn with their excesses and the madness of the masses, and he painted both with an unprecedented dedication to truth.

GRATITUDE CORNER DONATIONS

Betty Johnson, Bill Flynn, Carol Molongoski, Chris Greenough, Eileen Zadorian, Ellen Butler, Jackie Guite, Janet Kirby, Jim Fitzgerald, Joyce Wilson, Lee Bodkin, Linda Hickey, Marilyn Stoddard, Mary Deame, Muriel Jennings, Pat & Nancy Norcott, Pat L'Italien, Roberta Davis, Shirley Beers, Sonja Demayo, Sue Gosnell, Suzanne Stevens, Peggy Desmond, Chris Greenough, Ken & Lilly McKerman, Pat Baker, Lions Club, Carol Catalano, Stan & Debbie Katsikis, Rita & Gordon Stappen, Barbara Rasmesen, John Collins, LBS & First Congregational Church Marshfield, Ellie Kimball, Jim Fitzpatrick, Katie O'Brien, Elizabeth O'Brien, Sheila Valicenti, Erica Trucello

MOVIES

Come and join us for our movie matinees, serving popcorn and drink.

Friday, September 6th at 1:00

Strangers in Good Company one of the 10 best films is a delightful story about a group of remarkable travelers who, when stranded, turn their escapade into a truly magical time of humor and adventure.

On Friday, September 20th at 1:00

Home Run—the story of Cory Brand (Scott Elrod) a big league baseball player who struggles with alcoholism. His past is riddled with problems including having an abuse father.. The movie explores the challenges that Cory Brand faces and discovering what really matters.

Come and enjoy both the film and the fellowship.

THE CLASS OF 65 REMEMBERS

FRIDAY, SEPTEMBER 13, 2013 AT 1:00 PM

The Hanover Historical Society "I Remember When" program returns to the Senior Center on Friday, September 13 at 1:30 PM. "The Class of '65 Remembers" participants will include Carol Franzosa, Judy and Joe Grecco, and a mystery member of that graduating class at Hanover High School. Who owned the plane that crashed on Main Street and walked away from the wreck? Where was Daniel's Motor Court and who played there? How good was the penny candy at Goldners? Who frequented Louis Cook's outdoor auctions? Join us as we remember being young in Hanover in the 50's and 60's! Refreshments. No charge, but please make reservations before September 6.

WISH LIST

We are asking for wrapped Halloween candy, fall silk flowers and miniature colored glass items. Hard to believe it's that time of year again!

BEAD BRACELET CLASS

Make a bracelet at a bead workshop being offered on Thursday, September 12 at 1PM. Use beautiful beads to spell out a message in Morse Code. The fee is \$5 for this creative class and reservations are needed.

Remembering Chris

And Her friendship



.Chris, you were a friend to many.

Friendship is a gift that is fair in all things. It roots from one's heart and involves memories that stay not for a while but for a lifetime". -Anonymous

In Memory:

Carol Ann Catalano, Martha Brocklesby, Georgia & Stephen Verenis, Nancy & Elmont Mickunas, Robyn & Richard Mitton, Martha & Christopher Kristian, Robert M. Thompson, Jeanne & Robert Johnson, Linda D. Ducharme, Mildred Hickey, Robert & Bonnie Teetsell, Patricia A. Baker, Jacob & Lorraine Levine, Harvey & Doris Robinson, Harry R. Feldman, Inc., Marty Rife, Nicolas & Maria DeMinico, Raymond & Marie Martucci, Thomas & Lisa Brothers, Barbara Young, Lorene Warner, Elizabeth Attaya, Susan Hensley, Jeffrey & Roberta Feldman, Claire Garrigan, Betty Vogel, Hans & Irene Daika, Margaret Rooney, Marjorie Bates, Dorothy Quinn, Linda Hickey, Barbara Rasmesen, Dallas Turner, Rosemary Simmons, Harold & Joan Thomas, Hitech Engineering, George & Carol Anastos, Emmet Bonner, Marlene Cobb, Marge Silva, Cynthia Woods, Doreen Giordano, Anita Maguire, Priscilla Deban, Michael & Patricia Grasso, Friends of Plymouth House of Corrections, Mary Curley, Rena Almeida, Nancy Dawson, Doris Drueger, Neila Walsh, Mary Quilty, Jacqueline & David Shahood, Richard & Muriel Jennings, Gloria George, Ruth Hunt, James & Carolyn Ryan, Anna J. Holbert, Susan Gosnell, Dawn Rivers, Julie Burke, Kathleen Fanning, Peter & Mary Hajjar, Alfred & Joan Wood, Judith Scannell, Dawn DiSario, Julie Burke

NEW & RENEWED FRIENDS

George & Ena MacDonald, Kathy Burke, Janet Tozier, Bernadette Armstrong, Bill & Dottie McDonough, Donna Howard, Norma Sides, Carol Catalano, Robert & Bonnie Teetsell, Patricia DiMarino, Marlene Cobb, Marjorie Silva, Mary McDermott, Joan & Carl Reid, Paul & Diane Hickey, Pat & Al Pizzi, Kevin & Cynthia Strong, Carol Morrissey, Dick Housley, and Raymond & Sandra Carignan

IN MEMORY:

Larry Burke by Kathy Burke
Eleanor Teelagy by Janet Tozier
Robert Sides by Norma Sides
Pa & Ma Karpowicz, Billy Albert, Robert Karpowicz and PFC Wm. Albert by Carol Catalano
Arthur McDermott by Mary McDermott
Keith Rowlin by Paul & Diane Hickey

A BUSHEL OF THANKS FOR YOUR KINDNESS

This month we would like to show our appreciation to the following women who work so hard in serving so many Senior's at the center. This special group of women takes pride in the seasonal decorations that they personally craft to make our center look so lovely. Some serve you and others at lunches and special events. They do the clean up as well and are the last to partake in the festivities. Recently they hosted the concerts this past summer on Sundays. Their kindness goes far and above and should not go unnoticed. Please join the Hanover Senior Center in thanking: Ellen Butler, Susan Chapman, Mary Deame, Linda Ducharme, Claire Flynn, Sue Gosnell, Janet Kirby, Nancy Lee, Thelma Litchfield, Patrica L'Italien, Dallas Turner and Jane White.

CONFIDENTIALITY

You may have noticed that the door to the administrative offices is locked. This is done because of privacy and confidentiality reasons. We would prefer that this area remain private. If you need to speak with staff please go to the front desk and it will be arranged.

HEALTH SERVICES AT THE SENIOR CENTER

We are very fortunate to have a number of monthly health screenings and other health services at the Hanover COA. Many of these services are free. Here is list of the current offerings:

- Blood Glucose testing—The 3rd Tuesday of the month at 9AM. Free.
- Hearing testing—The 1st Monday of the month at 12 noon. Sign up for an appointment. Free.
- Blood Pressure check—The last Wednesday of the month at 12 noon. Free.
- Chair Massage—The 2nd Wednesday of the month from 10AM-12 noon. Sign up for an appointment. Ten dollars for 15 minutes.
- Acupuncture—Every Friday from 8:30 to 11:00AM. Twenty-five dollars per session for 4 sessions, the 5th session is free.
- Foot Clinic—The first Friday every other month from 9AM to noon. Appointments needed, the fee is \$29.

VOLUNTEERING

Our volunteers are the lifeblood of the Senior Center. Without them we simply could not offer the range of programs and activities that we do. We greatly appreciate their dedication and kindness. We also want to acknowledge them at the Volunteer Recognition luncheon each year. We remind our volunteers that 30 hours of service per year is required to attend the luncheon. Please be sure to record your volunteer hours in the COATS system so that we can keep track of all that you do.

Current volunteer openings: Medical Transportation drivers, substitute Meals on Wheels drivers, and someone to put together a Senior Center scrapbook.

Contact Katie O'Brien at 781-924-1913

Is it safe for seniors to get a flu shot?

Yes. People age 65 and over account for 9 out of 10 flu-related deaths..

Keep in mind that anyone can catch the flu, even healthy individuals. It is easily transmitted through coughing and sneezing or contact with fluids from an infected person's mouth or nose. As we get older, our immune system weakens; this makes seniors more vulnerable to the flu.

If you're aged 65 or older, you have two options for an annual flu shot:

The **traditional** flu shot. Some studies have shown that the traditional flu vaccine might not work as well for people age 65+.

A **higher dose** flu shot designed specifically for people aged 65 and older. This higher dose vaccine addresses the age-related decline of the immune system by triggering a stronger immune response following influenza immunization.

Studies show that side effects from the higher dose vaccine are more common than the traditional dose. However, they are usually mild and temporary—pain, redness, and swelling at the injection site; headache; muscle aches; fever; and malaise are among those reported. Most people have minimal or no side effects after receiving the higher dose vaccine. Ask your health care provider which shot makes more sense for you.

The flu vaccine should become available by the early fall. Even if you are unable to get a shot early in the season, don't start thinking that you're too late—vaccination throughout the flu season into the winter months is recommended. Did you get a flu shot last year? You still need to get a new shot this year. The types of flu viruses change from year to year; a new vaccine is produced each year to protect against the latest flu strains. And, because immunity to flu viruses weakens after a year, annual vaccination is necessary.

There are some people who should **NOT** get a flu shot. If you have ever had a severe allergic reaction to eggs, a serious reaction to a previous flu shot, or Guillain-Barré syndrome, do not get a flu shot.

Is it OK to get a flu shot at a retail store or clinic instead of at my physician's office?

Yes. You can get a flu shot at many places besides a doctor's office. Influenza vaccines are now widely available at retail stores, pharmacies, workplace flu clinics, and many more places. You should get vaccinated at a place that is most convenient for you.

Can I get influenza from the flu shot?

No. One common myth is that you can get the flu from a flu shot, but the vaccine does not contain the live virus—so it's impossible to get the flu from the shot.

Medicare Part B will pay for either the traditional or the higher dose vaccine, no co-pay is required.

REMINDERS

From time to time we find it necessary to remind every one of the policies at the Hanover Senior Center. Every month we will highlight some of the policies. You may pick up a complete policy packet at the Senior Center.

Starting and Ending Times

The Senior Center is open from 8AM to 4PM. Programs do not begin until 8:30AM. We ask that all clients arrive no sooner than 8AM. We also need to have activities end before 4PM so that there is time to clean up and lock-up the building by 4PM.

Building Maintenance

We are very fortunate to have many people help both inside and outside this wonderful building. It is important to check with staff before taking on new projects that affect the building and grounds.

Transportation Highlights:

- No same day reservations
- Van reservations must be made 1 week in advance
- Medical transportation appointments must be made 2 weeks in advance
- The Van is NOT available for medical and other appointments on shopping afternoons.
- The COA may not always fill requests.
- All rides are on a "first come first serve" basis.
- Rides are often shared with others. You may have to wait up to an hour for pick-up from an appointment.

Party/Social Policy Highlights:

- There will be a designated day and date to begin making reservations.
- All reservations must be made in person and paid for at that time.
- You may sign up for up to two additional people.
- For the first two days, priority goes to Hanover residents and Honorary Hanoverians (out-of-town seniors who volunteer 30 hours a year)
- No reservations will be taken after the date specified.
- Tables will be reserved for wheel chair clients, Board Members, Friends Board, and staff. There are no other reserved seats. Please welcome people to your table.

Current Fees

Many of the programs at the Senior Center are free. However, some of the exercise and cultural programs charge a fee. Here is an updated list of regular programs and the cost: Stretch and Relax \$3, Exercise with Chris \$3, Gentle Yoga \$3, Hair Salon \$15, Acupuncture \$25 (the fifth visit is free), Foot Clinic \$29, Chair Massage \$10, ART MATTERS \$2, Watercolor \$8, and Deco Art \$5. Many occasional and one-shot programs also have charges. The cost of most of these programs is subsidized by the Friends of the Hanover COA.

VETERANS' NEWS

VA claims: The VA announced in mid-June that as a result of an initiative started in April, 2013, more than 65,000 pending claims over one and two years old have been eliminated from the backlog. The VA will now focus their efforts on completing the disability claims of Veterans who have been waiting over one year for a decision, while completing the final batch of oldest claims in progress.

In May, the VA announced that it was mandating overtime for claims processors in all its regional offices to increase production of compensation claims decisions, which will continue through the end of FY 2013. The local regional office for the Massachusetts area is at the JFK building in Boston.

VA continues to prioritize disability claims for homeless Veterans, those experiencing financial hardship, the terminally ill and POW's. Claims for Wounded Warriors from Iraq and Afghanistan will be handled on a priority basis as well.

Forms needed to file a claim with the VA can be found on the town web site under the Veteran's Department or you can use the VA web site www.va.gov

If you have questions about your Veteran's benefits, contact Mike Thorp, Veterans' Service Officer, located at Town Hall, 781-829-0968.

Protect Yourself

S-Bank is hosting a community Shred Day on Saturday, September 14th from 8:30AM to 12 noon. Watch your documents professionally shredded at the Hanover branch at 1165 Washington Street. This service is at no cost to you. The Hanover Police department will offer Child Care Seat Inspections and Child Identification. Please bring donations for the local food pantries.

Friends of the Hanover COA Presents:

DIRECT FROM MONTREAL!

Time Machines- "The Magic of Christmas Show"

Monday, December 2, 2013

(snow date: Tuesday, December 3, 2013)

\$64.00 per person

Location: Lombardo's Conference & Function
Facilities

6 Billings Street, Randolph, MA 02368

800-956-5030

(Transportation Included)

FOXWOODS TRIP

Tuesday, September 3, 2013

\$25.00 per person

Includes: \$10.00 KENO & Free Buffet

Or \$10.00 Food Coupon

(Transportation Included)

Contact:

Dot Quinn

17 Briscos Plain

Hanover, MA 02339

781-829-4241

RETURNING IN SEPTEMBER

Some of our programs have been on summer vacation and will return this month. Here is your chance to try them again:

- Deco Art returns on Monday, the 9th at 1PM
- Book Club begins again at the John Curtis Library, the 12th at 10AM
- Exercise with Chris returns on Thursday, the 26th at 10AM
- Bereavement starts again on Thursday, the 26th at 2PM
- Men's Discussion Group meets on Tuesday the 17th at 9:30AM

HANOVER COUNCIL ON AGING ACTIVITIES

FALL 2013

FOR INFORMATION AND SIGN UP

CALL 781-924-1913

MONDAY

8:30 AM GENTLE YOGA \$3

9:30AM CRIBBAGE

10:00AM ARTHRITIS EXERCISE

11:30 AM STRETCH & RELAXATION \$3

2ND MON 12:00 PM HEARING TESTS (By Appt)

1PM MAH JONG

2ND MON 1:00 PM DECO ART \$5

TUESDAY

9:30AM MORNING OUT

2ND & 4TH TUES 9-12 S.H.I.N.E (By Appt)

2ND TUES 9-2PM BEAUTY SALON (By Appt) \$15

3RD TUES 9:00AM BLOOD GLUCOSE TESTING

3RD TUES 9:30AM MEN'S DISCUSSION

1:00PM BID WHIST

1ST & 3RD TUES 1:00PM WATERCOLOR \$8

WEDNESDAY

9:30 AM GENTLE YOGA \$3

2ND WED 10-12 PM CHAIR MASSAGE (By Appt) \$10

LAST WED 12-1 PM BLOOD PRESSURE CHECK

1:00 PM POKER

1:00 PM BINGO

1:00 PM MAH JONG

THURSDAY

9:00 AM EXERCISE WITH CHRIS \$3

2ND THURS 10:00 AM BOOK CLUB

(JAMES CURTIS LIBRARY)

10:00 AM BOWLING (BOSTON BOWL)

2ND THURS 10-12 PM ASK-A-LAWYER (By Appt)

1:00 PM BRIDGE

2:00 PM BEREAVEMENT

FRIDAY

10:00AM ARTHRITIS EXERCISE

8:00AM-12:00 PM ACUPUNCTURE (By Appt) \$25

1ST FRIDAY 9:00 AM FOOT CLINIC (By Appt)

\$29 EVERY OTHER MONTH

11:30AM STRETCH & RELAXATION \$3

FRIDAY'S ART MATTERS \$2 & MOVIES--DATES

WILL BE ANNOUNCED IN THE NEWSLETTER

LUNCHES SERVED DAILY AT 12 NOON AT THE CENTER

PLEASE CALL 781-924-1913 TO RESERVE

!



Council On Aging Staff

Robyn Mitton,
Elder Services Director

Joyce Wilson,
Assistant Director

Nancy Lester,
Administrative Assistant

Katie O'Brien
*Transportation/Volunteer
Coordinator*

Dawn Rivers,
Nutrition Manager,

Janet Kirby
Kitchen Aide

George Shanahan,
Van Driver

Jim Palana,
Van Driver

Donald Buckley,
Chairman

Eleanor Kimball,
Treasurer

Joan Picard

James Gallant

Elmont Mickunas

Richard Farwell

Claire Flynn

Hanover Council on Aging
665 Center Street
Hanover, MA 02339

PRE-SORT STD
U.S. POSTAGE

PAID

HANOVER, MA 02339
PERMIT #51

FRIENDS OF THE HANOVER COUNCIL ON AGING

Please make checks payable to Friends of Hanover COA and mail to:
Hanover Council on Aging, 665 Center St., Hanover, MA 02339.

I would like to become a Friend of the Council on Aging.

Enclosed are my dues of \$5 per person for 2013.

Name: _____

Address: _____

Additional Contribution: _____

I would like to make a donation to the Friends of the Council on Aging:

In Memory of: _____

In Honor of: _____

Send acknowledgement of: _____

Friends

Dot Quinn,
President/Treasurer

Elaine Crowley
Vice President

Judy Barca

Margaret Rooney

Doreen Giordano